



**THE PARKS & RECREATION DEPARTMENT
ADAPTIVE RECREATION
2013 SPRING & SUMMER **YOUTH** PROGRAM CATALOG**



**Address: 201 4th Street SE #150
Rochester, MN**

ADAPTIVE RECREATION PHONE: (507) 328-2539

MAIN OFFICE: (507) 328-2525

EMAIL: kmeyer@rochestermn.gov

WEB: www.rochestermn.gov/departments/park/classes_programs/adaptive

REGISTRATION:

MONDAY, MARCH 11

FRIDAY, MARCH 22 UNTIL 5:00 P.M.

The Parks & Recreation Department
Adaptive Recreation
Spring & Summer Youth Program Brochure

Registration Dates:

Monday March 11
Friday, March 22 UNTIL 5:00 P.M.

Office Hours:

Monday-Friday, 8:00 am-5:00 pm

Adaptive Recreation phone number:

(507) 328-2539

Email Address

kmeyer@rochestermn.gov

WAYS TO REGISTER

1. Online www.rochestermn.gov/departments/park

Go to Adaptive Recreation webpage.

2. In Person

The Parks & Recreation Department
201 4th Street SE #150
(The Government Center)

3. By Mail

The Parks & Recreation Department
Adaptive Recreation Division
201 4th Street SE #150
Rochester, MN 55904



Adaptive Recreation Spring & Summer **Youth** Registration

Name: _____

Address: _____

City: _____

ZIP: _____

Date of Birth: ____/____/____

Phone #1: () _____

Emergency Phone #: () _____

Email Address: _____
(For electronic updates)

Payment Methods

☐ Cash = \$ _____

☐ Check/Money Order = \$ _____

☐ Invoice the following agency:

(Contact Name and Contact Phone #)

☐ We have a credit slip in the amount of \$ _____ and have subtracted this off the total balance.

☐ **Credit Card**

____ Visa ____ Master card ____ Discover


Name on card: _____

Card : _____

Expiration Date: ____/____

Amount to be charged: \$ _____

Programs

| CLASS | TIME | COST |
|---|---|--|
| <input type="radio"/> Martial Arts | Mondays See Description for times! | New Students \$130 Returning Students \$90 |
| <input type="radio"/> Bowling | Tuesdays 4:00-5:30 p.m. | \$70 |
| <input type="radio"/> Music 4Youth | Wednesdays See Description for times | \$80 |
| <input type="radio"/> Girl Scouts | Thursdays 4:30-5:30 p.m. | \$56 |
| <input type="radio"/> Spring Swim | Thursdays <input type="radio"/> 6:00-6:30 p.m. <input type="radio"/> 6:30-7:00 p.m. | \$56 |
| <input type="radio"/> Teen Scene | Fridays Time varies | \$30 |
| <input type="radio"/> Stay-N-Play | Saturdays, April 20 & May 16 | Choose Staff to Client Option <input type="radio"/> 1:4 = \$25 <input type="radio"/> 1:2 = \$50 <input type="radio"/> 1:1 = \$100 |
| <input type="radio"/> Soccer | Mondays See Description for times! | \$50 |
| <input type="radio"/> Summer Swim | Thursdays <input type="radio"/> 6:00-6:30 p.m. <input type="radio"/> 6:30-7:00 p.m. | \$60 |
| <input type="radio"/> Summer Dance | Saturday, June 1 Ages 13+ 6:30-8:30 p.m. | \$8 by Thurs. May 30 |
| <input type="radio"/> Day Camp!  | <input type="radio"/> Week #1 June 10-14 <input type="radio"/> Week #2 June 17-21 <input type="radio"/> Week #3 June 24-28 <input type="radio"/> Week #4 July 1, 2 & 3 No camp July 4 or 5 <input type="radio"/> Week #5 July 8-12 <input type="radio"/> Week #6 July 15-19 <input type="radio"/> Week #7 July 22-26 <input type="radio"/> Week #8 July 29-Aug. 2 | Choose one Staff to Client option <input type="radio"/> 1:4 = \$135 <input type="radio"/> 1:2 = \$150 <input type="radio"/> 1:1 = \$225 Week #4 prices are as follows: 1:4 = \$81 1:2 = \$90 1:1 = \$135 Be sure to factor these costs in when you register. |

ADAPTIVE RECREATION



HISTORY

Since 1975, The Park and Recreation Department has offered Adaptive Recreation programs comprising sports & leisure activities with therapeutic emphasis suited to the social, emotional, and physical needs of individuals with special needs.

ELIGIBILITY

Individuals 3 years of age and older with an intellectual and/or physical disability are eligible to participate. A physician's authorization is not required, however individuals are encouraged to consult with their doctor prior to participating and to complete a Participant Profile form in order to assist our staff in addressing our participant's unique needs and abilities.

PROGRAMS

Our program runs year-round with activities offered after school, in the early evenings, on weekends, and during the daytime over summers!

STAFF

Program staff provides assistance, support, and supervision to participants through a 1:4 staff to client ratio additionally a 1:1 and 1:2 staff to client option is also available to youth for an additional fee.

MAILING LIST

To receive program information, go to http://www.rochestermn.gov/departments/park/classes_programs/adaptive/index.asp to **Create An Account** or contact the Director of Adaptive Recreation at (507) 328-2539.

Mission Statement

Providing an accessible, enjoyable and innovative recreational experience for individuals with intellectual & physical disabilities.

How We Do It:

- * By adapting a variety of traditional and innovative sports & leisure activities to welcome & meet a variety of ability levels.
- * By emphasizing areas of communication, cognition and physical development through the use of various therapeutic practices.
- * By providing & training our staff to be effective in supporting, interacting, and monitoring participants during activities.
- * By networking with local resources to gain best practices and understanding of latest recreational trends and needs.





Participation Guidelines

Drop off - is allowed 15 minutes prior to the start of the activity, no sooner please.

Late Pick Up Policy - There is a \$7.00 late fee charged for late picks. Late pick up is anything after the program end time. The fee will increase an additional \$7.00 every 15 minutes and must be paid before your child can attend the next program day. Participation will resume once the balance is paid in full to the Parks & Recreation Dept.

Absences - If your child is sick or unable to attend activities, notification **is requested and can be made to Karen Meyer at (507) 328-2539 or to kmeyer@rochestermn.gov**

Suspension or Termination of Services

Notice of Termination will be given to Participant or Participant's representative verbally or in writing upon evidence of either one or both of the following conditions:

1. Emotional, abusive, or dangerous behavior that presents an immediate threat to the health and safety of the client, other program clients or program staff.
2. Chronic or acute medical problems or conditions, or behaviors that place the client at immediate risk, and that require health care and/or supervision which exceed the capabilities of the department.



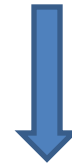
Weather Related Cancellation Policy

When the following conditions or warnings are present the day of programs, we will cancel:

- Rain or threat of rain (if outdoors)
- Storm **WATCH** OR **WARNING**
- Tornado **WATCH** OR **WARNING**
- Heat Advisory
- Wind-chill Advisory
- School District Closing due to bad weather



WHAT YOU SHOULD DO:
Call (507) 328-2539 AFTER 4:00 p.m. for program status!



SPRING SESSION

(April – May 2013)

MARTIAL ARTS

with Tom Yennie



This program is co-sponsored with Instructor Tom Yennie. Students must bring staff/aide if one is necessary for assistance or supervision.

The Benefits of Martial Arts

- *It teaches self-discipline & socialization skills.
- *It improves cardio-vascular health, as well as balance & mood.
- *It increases muscle tone and stabilizes weight.
- *Reports indicate that individuals with cognitive challenges experience great success with this type of program.

Cost

- *Returning Students \$90
- *New Students \$130 – includes uniform

Class Times

***6:15-6:45 p.m.**

Ages 4-12 years: siblings are welcome to register too. **(Parent or staff must attend & assist as needed)**

***7:00-7:45 p.m.**

Ages 13 years and older
(Parent or staff must provide assistance as needed)

Program Dates

Mondays, April 8-June 3

No class May 27.

Location

Bear Creek Services, 3108 Hwy. 52 N

Tidbits

- *Bring a water bottle weekly
- *Bare or stocking feet only.

BOWLING



This program is for the new or experienced bowler. With staff assistance and supervision, participants will learn how to find shoes, bowling balls, and lanes as well as how to bowl with skills that will suit their learning styles. Participants will play on “teams” of like abilities & ages.

WHO: Persons ages 4-17
DATES: Tuesdays, April 9-May 21
LENGTH: **7 weeks**
TIMES: 4:00-5:30 p.m.
COST: **\$70**
LOCATION: Colonial Lanes Bowling Alley

MUSIC 4 YOUTH

Using the natural therapeutic element of music, this class will address physical, emotional, cognitive, and social needs of participants. Through the direction of Board Certified Music Therapist Jenny Kruse, youth will participate in a variety of musical activities.

The Benefits of Music Therapy

- *It promotes wellness
- *It helps children express feelings
- *It enhances memory
- *It improves communication
- *It enhances social skills & relationships



WHO: Youth ages 3-17
DATES: Wednesdays, April 10-May 22
LENGTH: **7 weeks**
TIMES: Ages 13-17 3:30-4:10 pm
Ages 3-7 4:15-4:45 pm
Ages 8-12 4:45-5:15 pm
COST: **\$80**
LOCATION: Bear Creek Services, Inc.
located @ 3108 Hwy. 52 North.

GIRL SCOUTS

Girls discover fun, friendship, the importance of personal responsibility, the value of goal-setting, the spirit of teamwork, and the thrill of accomplishment. Learn the Girl Scout Pledge; earn badges for craft & science projects, learn about good manners, play games & sports and meet others who share your love of learning and being a girl!



WHO: Girls ages 4-17 years of age
DATES: Thursdays, April 11-May 16
LENGTH: 6 weeks
TIME: 4:30-5:30 pm
COST: \$56
LOCATION: Bear Creek Services, 3018 Hwy. 52 North.

TIDBITS: The badge ceremony is scheduled for May 16 at 4:45 p.m. Families are invited to attend!

SWIM PROGRAM

This program helps students become comfortable in the water and encourages basic swim skills through one to one instruction. Individuals with physical challenges will also work on range of motion (ROM) and stretching.

WHO: Youth ages 3 years and older
DATES: Thursdays, April 18-May 23
LENGTH: 6 classes
TIME: 6:00-6:30 p.m.
6:30-7:00 p.m.
COST: \$50
SITE: The Recreation Center Pool.



TEEN SCENE

A time filled with activities that encourage friendships, develops social skills and gives teens an opportunity to pursue leisure time interests with their peers. Teens help determine & plan the activity schedule of which favorites include movie, game & karaoke nights, scavenger hunts, making & eating dinner, attending high school plays & sports games.

WHO: Persons 13-18 years of age
DATES: Fridays, April 12-May 17
LENGTH: 6 weeks
COST: \$30 (registration fee only)

**Additional costs associated with some activities.*

NOTE: Teens will meet Friday, April 12 from 6:00-8:00 p.m. @ Bear Creek Services to plan activities and eat dinner. Please bring your school activity calendar, newspapers, or any other planning tools you wish along with \$5.00 for dinner (pizza, pop, salad, and dessert).



ACTIVITY SCHEDULE: Will be posted online and emailed after the first meeting night.

STAY-N-PLAY

Co-sponsored with Bear Creek Services Inc.

A Saturday "play-date" for youth with moderate-severe disabilities . . . we'll do arts & crafts, dramatic play, music, outdoor play (weather permitting), snack time, and a host of other activities that are stimulating and allows participants to foster friendships and burn off energy!

WHO: For persons ages 4-14
LENGTH: 2 dates
TIME: 10:00 a.m.-3:00 p.m.
DATES: One Saturday/month
April 20 & May 18

STAFFING OPTIONS: 1:4 = \$25
1:2 = \$50
1:3 = \$100

LOCATION: Bear Creek Services

SUMMER SESSION (June-August 2013)



MIRACLE LEAGUE

The Miracle League program provides athletes ages 4 years and older with cognitive & physical disabilities, an opportunity to play ball with athletes of like abilities. Local businesses sponsor teams which covers the cost of athlete t-shirts & pictures allowing players to participate at not cost.

LOCATION

The Miracle Field is located at the Roy Watson Complex on Essex Parkway NW and is a barrier-free, solid surface allowing freedom of movement for players using wheel chairs, crutches, walkers, or persons with visual and/or cognitive impairments to maneuver the field without obstacle!

T-SHIRT & SCHEDULE PICK UP

Monday, June 3 from 5:00-7:00 p.m. at Bear Creek Services, 3108 Hwy. 52 North.

GAME NIGHTS

*Individuals ages 15 and older play
Mondays, June 10-August 5
August 12 is reserved as a 'rain date' for one cancelled game.

*Individuals age 4-14 play Tuesdays, June 11-August 6. August 13 is reserved as a 'rain date' for one cancelled game.

TOURNAMENT

The Gil Wilkins Softball Tournament is scheduled for Saturday, August 10 . . . more information to follow!

NOTE: Space is limited . . . once teams are filled, names will be placed on a Waiting List. Online registration only at:
http://www.rochestermn.gov/departments/park/classes_programs/adaptive

SUMMER DAY CAMP



Youth will have the opportunity to develop social skills, athletic ability & endurance (daily physical activities/swim), social skills (music therapy & group activities), self-confidence (encouragement & support from trained staff), and creativity (arts/crafts, dramatic play).

Snack, swimsuit, and towel are required daily!

WHO: Persons 3-18 years of age of all ability levels!

DATES: Monday-Friday
Week #1 – June 10-14
Week #2 – June 17-21
Week #3 – June 24-28
***Week #4 – July 1, 2, & 3**
No camp July 4th or 5th.
Week #5 – July 8-12
Week #6 – July 15-19
Week #7 – July 22-26
Week #8 – July 29-Aug. 2



TIME: 1:00-5:30 p.m.

COST: **\$135.00/week (1:4 staff to client)**
Child demonstrates independence in communication, dressing, and in the pool.

\$150.00/week (1:2 staff to client)
Child requires some verbal prompting to complete tasks including eating & dressing and/or is not completely independent in the water.

\$225.00/week (1:1 staff to client).
Child requires complete staff assistance and supervision at all times due to high risk & vulnerability.

***Call the Director of Adaptive Recreation if you need assistance in deciding the best staffing option for your child: (507) 328-2539.**

LOCATION: The West Pavilion Picnic Shelter @ Silver Lake.

SOCCER

Soccer helps increase agility, balance, speed, eye-foot coordination and builds teamwork. Weekly practices consist of basic ball handling skills, cooperation, & learning to listen to instruction. Assistant coaches, under the leadership of Head Coach Wayne Lemens, will provide one:one assistance or instruct small groups of youth of like abilities to provide instruction & support.



WHO: Persons ages 4-17
(including those who using wheelchairs, walkers, crutches)
DATES: Mondays, June 10-July 22
LENGTH: 7 weeks
CLASS 6:30-7:15 p.m. - ages 4-11 years
TIMES: 7:15-8:00 p.m. - ages 12-17
COST: \$50
TIDBITS: *Athletic shoes only!
*Bring a water bottle weekly!

LOCATION: The National Volleyball Center - when the weather is nice, we'll play outdoors in front of Century High School.

SUMMER DANCE

Put on your dancing shoes and join your friends for a night of great music, dancing, and refreshments! Pre-registration is required by Thursday, May 30 to secure the \$8.00 admission fee otherwise the fee is \$10 afterwards.*

Limited supervision provided . . . bring an aide if one is required.

WHO: Persons 13 years and older
(No one under 13 years of age will be admitted).
DATE: Saturday, June 1.
TIME: 6:30-8:30 p.m.
COST: \$8.00 (see note above)*
LOCATION: The Graham Arena, Olmsted County Fairgrounds.

SWIM PROGRAM

This program helps students become comfortable in the water and encourages basic swim skills through one to one instruction. Individuals with physical challenges will also work on range of motion (ROM) and stretching.

WHO: Youth ages 3 years and older
DATES: Thursdays, June 13-Aug. 1
(No class July 4)
LENGTH: 7 weeks
TIME: 6:00-6:30 p.m.
6:30-7:00 p.m.
COST: \$60
LOCATION: The Recreation Center





FREE- BEE'S!



FREE KIDS MATINEES!

Free Kids Matinees every Saturday morning starting @10:00 AM at the HOLLYWOOD 12.

Visit the Showtime's page for the **FREE KIDS MATINEE** shows and show time's.

Chester, Rochester's favorite dragon, will be on-site every Saturday for every show!

Quarry Hill Nature Center



Exploration Hall - Our large exhibit hall features touch tables, live and mounted animals, inter-active displays, fish aquarium, and a life-size T-Rex skull model and more!

The Lion's Den - Our modest library is a great resource of natural science books and magazines for all ages.

Bird Observatory - Relax and have a seat with a pair of binoculars and a bird guide. Watch the wildlife come and go in the Nature Center's backyard which includes a water feature and several feeders.

Apache Mall

Walk or Play at the Indoor Playground

Available during Mall Hours

Monday-Saturday

10:00am-9:00pm

Sunday

11:00am-7:00pm



Cascade Meadow
Wetlands & Environmental Science Center

Open to the public Thursday, Friday, and Saturday from 10:00 am to 4:00 pm.

There's a lot to see at Cascade Meadow! When you visit us, you'll see interactive exhibits on all of the following topics. Click on the topic to quickly scroll down to it, or read about them all, but be sure to come and visit to actually experience each one!

[WATER EXHIBITS](#)

[ENERGY EXHIBITS](#)

[WETLANDS EXHIBITS](#)

THE MIRACLE FIELD

The Miracle Field is located at the Roy Watson Complex on Essex Parkway NW and is a barrier-free, solid playing surface allowing freedom of movement for players using wheel chairs, crutches, walkers, or persons with visual and/or cognitive impairments to maneuver the field without obstacle!



Groups are welcome to reserve the field at no cost for activities including kickball and softball and can do so by calling the Parks & Recreation Department at (507) 328-2539.